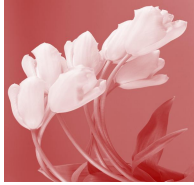


The HomeCare Team LLC.

Excellence In Home Care

Help!!! This is stressful!!!



People who care for an older adult with a serious health problem or the trials of advanced age are doing an important job. While they are busy and concerned with taking care of another's health, it is important to recognize how this care may affect their own health.

Physical Effects - Researchers have found that caregivers are less healthy compared to non-caregivers and show the following: Increased risk of heart disease, Decrease in ability of immune system to fight illness, Increased death rates, Increased hospitalizations, Increased insomnia, Increased gastro-intestinal problems

Mental - Caregivers have a higher incidence of: Increased risk for depression, anxiety, stress, guilt and even suicide

Emotional - Signs of stress and exhaustion include: Decreased concentration, Irritability, Social withdrawal from friends or activities, Anger at self or patient, Neglect of patient, Abuse of patient, Alcohol and other substance use

It is important for caregivers or those who are supporting the caregivers to recognize these signs early on and get the needed support to ensure that the caregiver places the proper importance on their own health. Getting help at this stage is imperative.

Words to Ponder

"Self-sacrifice is never entirely unselfish, for the giver never fails to receive."

Delores E. McGuire

Snapshots at jasonlove.com



"Holding in your stomach will not help, sir."

Excellence In Home Care

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**There is no place
like HOME!**

Our Mission

The HomeCare Team is a vibrant company that cares for the elderly in their home, ensuring a comfortable and safe environment while assisting family as they care for their loved ones.

We view ourselves as partners with our clients, our employees and our community. While keeping our client's needs our top priority, we believe in the importance of providing our employees with a job that offers competitive wages and a satisfying, productive work environment while fostering a family atmosphere.

Help is a phone call away

There is good news! Research has also clearly shown that access to a support network can offset some of the physical, mental and emotional effects some caregivers deal with.

- **Seek help for depression or stress.** Don't be afraid to recruit help, and join a Care-giver Support Group. The first step is the hardest, but you will be glad you did.

- **Call The HomeCare Team.** Find out about Respite Programs. Take advantage – they are there to help you.

- **Inform yourself.** Seek out educational resources.

- **Visit your doctor regularly.** Prioritize your health; it is just as important to care for yourself as it is for the one that you love.

Caregiver Health Tips

There are other simple steps you can take to help you stay healthy as you care for others:

- **Listen to your body.** Your body will tell you when you are pushing yourself too hard.

- **Pay attention to nutrition.** Take your vitamins and make a good diet a part of your life.

- **Exercise!** Try to squeeze it into your schedule, incorporate it into what you already do. Try walking more and see how your energy increases.

- **Take time off.** It is often easier said than done, but even just a few hours can make a world of difference. Our caregivers are trained so you can feel comfortable running errands or just getting out to lunch with a friend while we help you care for your loved one

- **Try relaxation techniques.** You can do them anywhere, and they can often give you that extra energy you need. Do breathing exercises, meditate before bed or try aromatherapy. Do what works for you.
